



# upLIFT Your Stage!

**October 17, 2023**

**1:30 PM - 2:00 PM**

**Professional Standards Learning Codes: 1200, 2200,  
2400, 4100**



# Meet Your Host



**Ashley Kennedy, SNS**

HEALTH AND NUTRITION SERVICES SPECIALIST

# Welcome!



upLIFT was created for you, the child nutrition professional, to provide you with materials to help you LEARN about nutrition, INSPIRE you on what to feed your participants, FEED your participants healthy meals, and TEACH others in your community about your programs!

You can expect to see materials and monthly webinars that will provide you with some original upLIFT resources, spotlight Arizona child nutrition professionals, and inspire you throughout the year so you can upLIFT your programs in whatever way you choose!

# Overview

1. National School Lunch Week
2. Farm to School Month
3. Farm Fresh Challenge

# Poll Question

**Did you celebrate School Lunch Week this year?**

- A. Absolutely!
- B. Not this year.
- C. What's school lunch week?

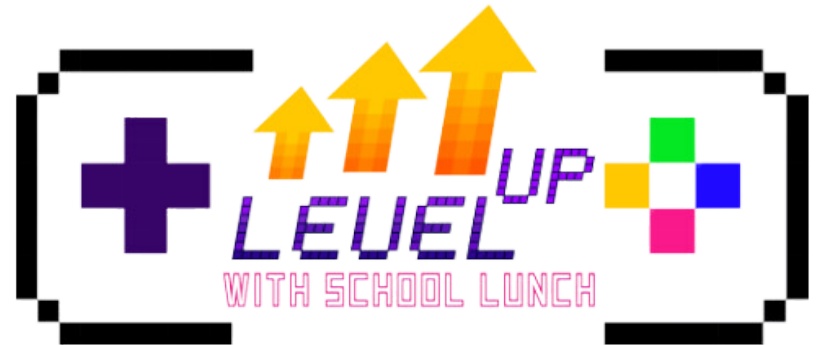


# National School Lunch Week

# About National School Lunch Week

## What is NSLW?

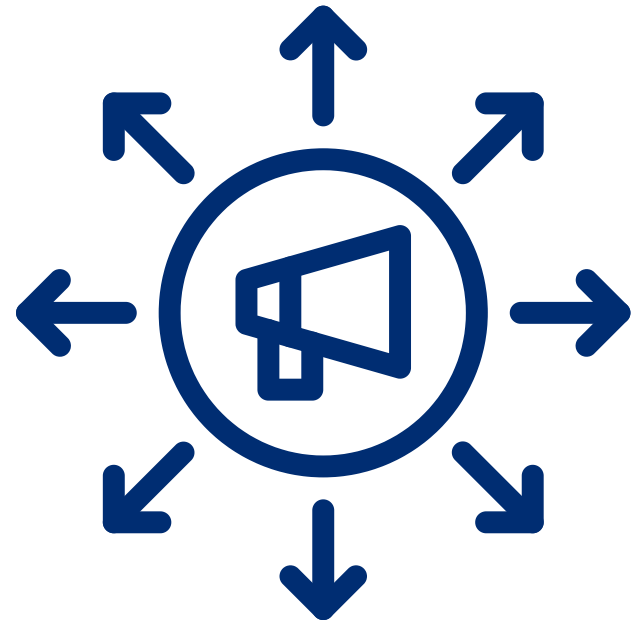
- Created and declared by President John F. Kennedy in 1962
- Annual celebration during the 2nd full week of October
- Observed to promote healthy school lunches



# National School Lunch Week

## Aim of NSLW

- Increase student participation
- Communicate to parents the healthy, delicious meals served at your sites
- Promote your program via media coverage
- Connect with administrators to spread the word about your program



# National School Lunch Week

## Resources Available

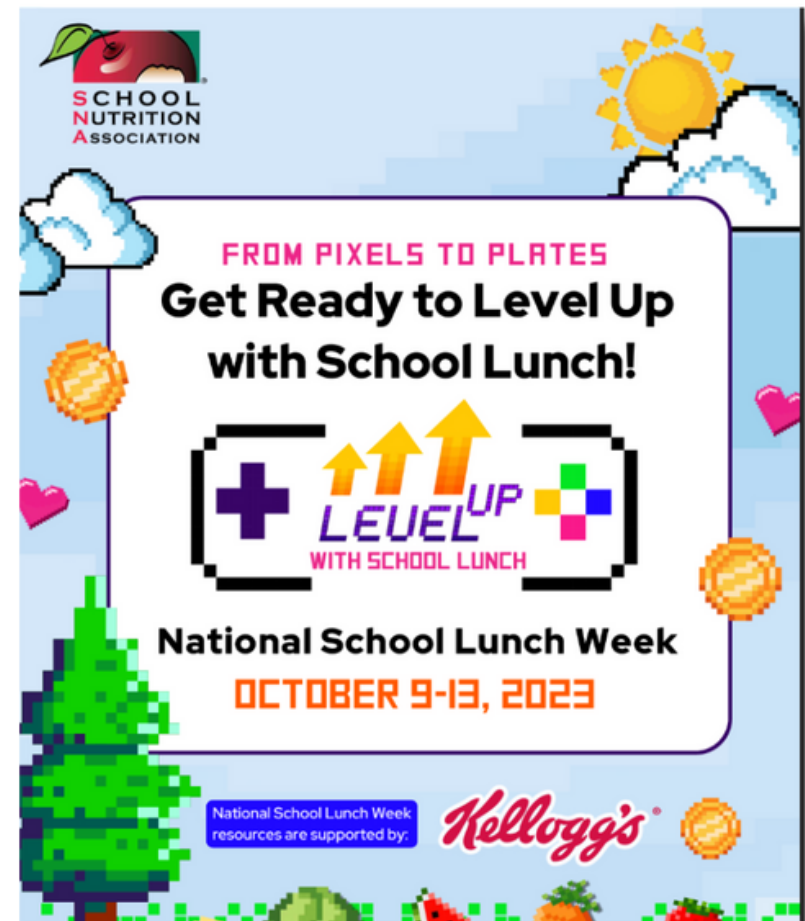
The School Nutrition Association (SNA) developed tools and resources to help you celebrate including:

- [#NSLW23 Toolkit](#)
- [#NSLW23 Coloring Sheets & Activity Guide](#)
- [NSLW Shop](#)
- [Marketing & PR Resources](#)
- [Official NSLW23 Logos & Artwork](#)
- [#NSLW23 Pinterest Board](#)

# Level Up with School Lunch!

## #NSLW23 Toolkit

- Contains an all in one shop to assist you in celebrating National School Lunch Week.
- Includes brainstorming prompts, checklists, decoration and costume ideas
- Highlights social media tips and tricks
- Finally, includes a list of common do's and don'ts to get the most out of your celebrations

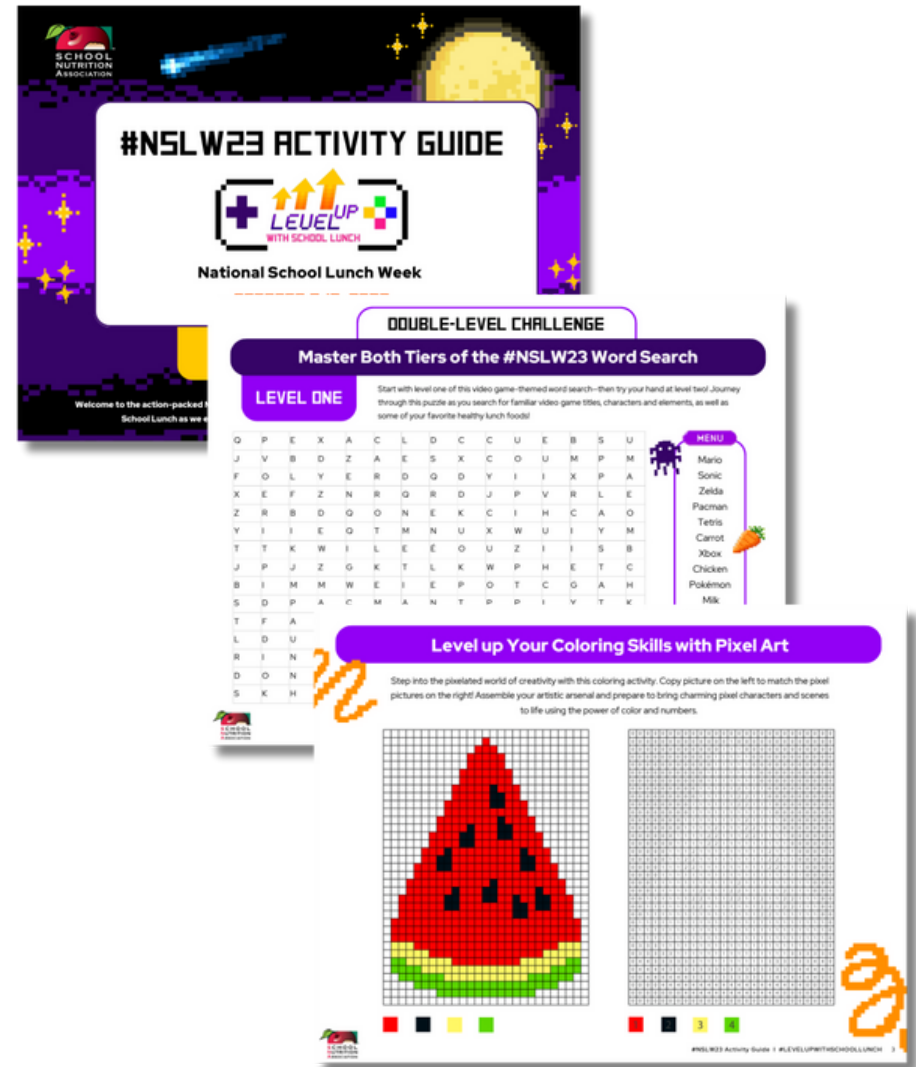


# Level Up with School Lunch!

## #NSLW23

### COLORING SHEETS & ACTIVITY GUIDE

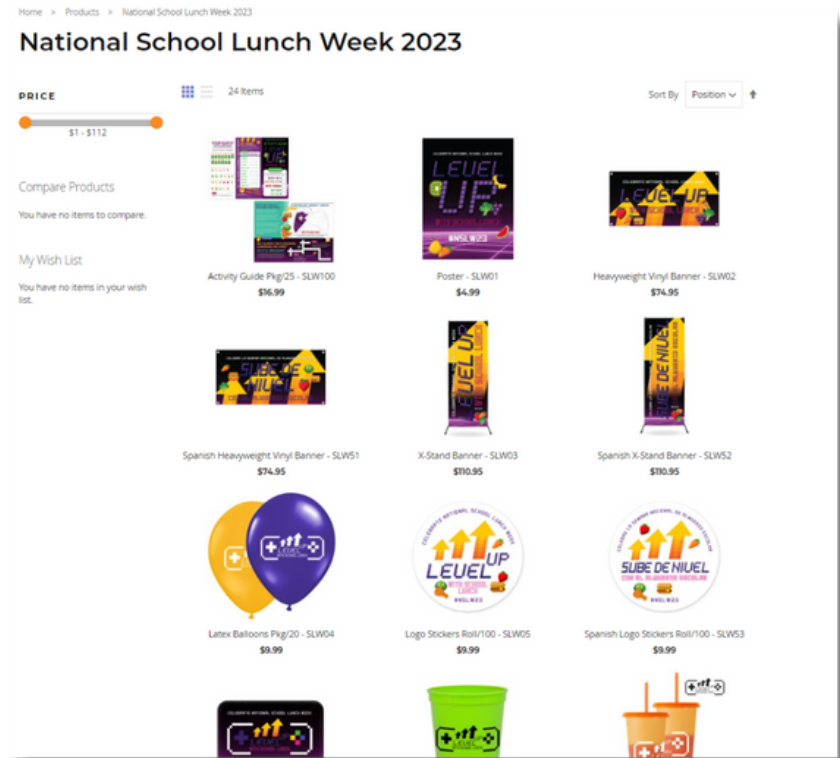
- Contains printable activity and coloring sheets!
- Includes an activity guide with word searches, pixel coloring, drawing activities, character journaling and more!



# Level Up with School Lunch!

## NSLW Shop

From posters and banners to balloons and stickers, the NSLW shop has everything you need to help celebrate NSLW!

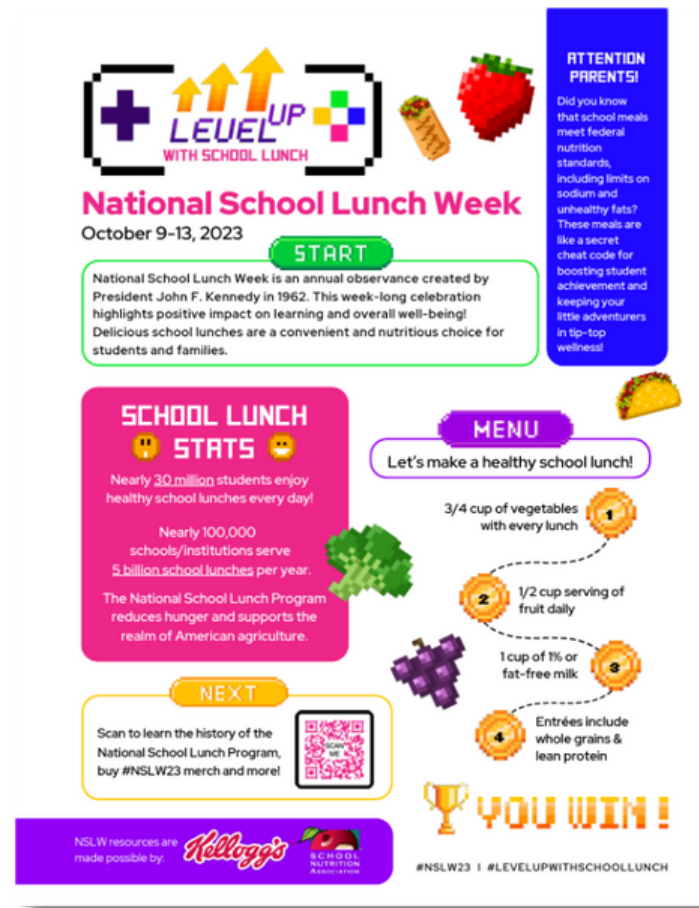


# Level Up with School Lunch!

## Marketing & PR Resources

Contains many marketing resources including:

- social media graphics
- customizable press release
- proclamation



**LEVEL UP WITH SCHOOL LUNCH**

**National School Lunch Week**  
October 9-13, 2023

**START**

National School Lunch Week is an annual observance created by President John F. Kennedy in 1962. This week-long celebration highlights positive impact on learning and overall well-being! Delicious school lunches are a convenient and nutritious choice for students and families.

**ATTENTION PARENTS!**

Did you know that school meals meet federal nutrition standards, including limits on sodium and unhealthy fats? These meals are like a secret cheat code for boosting student achievement and keeping your little adventurers in tip-top wellness!

**SCHOOL LUNCH STATS**

Nearly 30 million students enjoy healthy school lunches every day!

Nearly 100,000 schools/institutions serve 5 billion school lunches per year.

The National School Lunch Program reduces hunger and supports the realm of American agriculture.

**MENU**

Let's make a healthy school lunch!

- 1 3/4 cup of vegetables with every lunch
- 2 1/2 cup serving of fruit daily
- 3 1 cup of 1% or fat-free milk
- 4 Entrées include whole grains & lean protein

**YOU WIN!**

**NEXT**

Scan to learn the history of the National School Lunch Program, buy #NSLW23 merch and more!

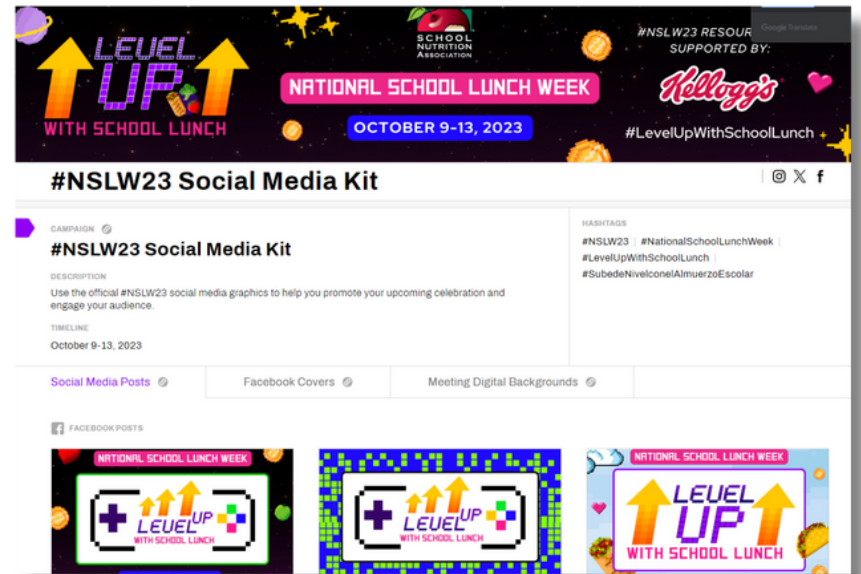
NSLW resources are made possible by **Kellogg's** **SCHOOL NUTRITION**

#NSLW23 | #LEVELUPWITHSCHOOLLUNCH

# Level Up with School Lunch!

## Logos & Artwork

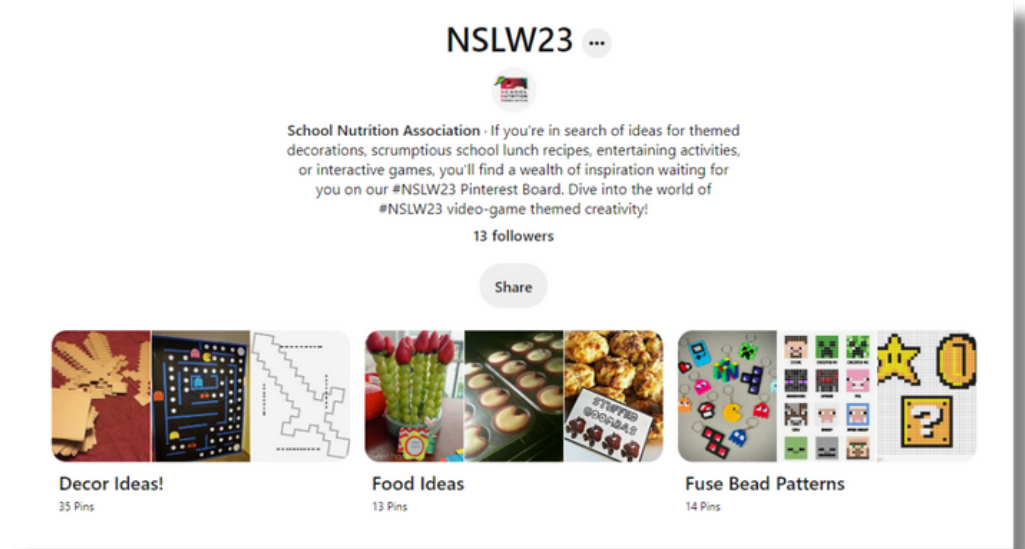
Contains official logo and artwork to post around your sites!



# Level Up with School Lunch!

## #NSLW23 Pinterest Board

Do you need decor or menu ideas for this year's theme? Check out the #NSLW23 Pinterest Board for a ton of ideas to get your site in theme for this year's celebration!



# National School Lunch Week

How the field is celebrating!



# 5 Tips to Celebrate School Lunch Week

Follow these five tips to help you have your best School Lunch Week yet!

- ✔ Outsource resources - use the vibrant, colorful resources from SNA to really boost the ambience in the cafeteria!
- ✔ Communicate - let your administrators in on your plans for NSLW so they can communicate to the students!
- ✔ Plan ahead - familiarize yourself with the theme and don't hesitate to get creative with menus, decorations, and service lines.
- ✔ Get students involved - take advantage of the activities available on SNA to get students excited and involved with the theme!
- ✔ Promote, promote, promote - use social media, school announcements, and newsletters to highlight NSLW to students.

# Farm to School Month

# National Farm to School Month

## October is National Farm to School Month!

Now is the time to join schools, early care and education sites, farms, communities and organizations across the country to **celebrate** food education, school gardens and lunch trays filled with **healthy, local ingredients!**

The National Farm to School Network advocated for National Farm to School Month by Congress in **2010** and now organizes the **annual** celebration with hundreds of partner organizations across the country.

There are so many ways to get involved!

# National Farm to School Month

## Quick Facts



Designated by Congress in 2010



First celebrated in 2011



Celebrations in all 50 states, DC and US territories



42.8 million kids participate in farm to school activities year round



Over 200 organizations help to spread the word about farm to school in October

# Arizona Farm to School Month

## Let's Celebrate!

This year, AZ Governor Katie Hobbs proclaimed **October 2023** as Arizona Farm to School Month.



# Celebrate Farm to School Month!

There are so many [benefits](#) to Farm to School! Use this time to highlight how Farm to School has impacted your meal service or check out how you can get more involved in Farm to School.

- ➔ Utilize the [2023 Farm to School Month Celebration Toolkit](#).
- ➔ Participate in the [2023 Arizona Farm to School Gathering](#).
- ➔ Highlight locally, farmed foods in your menus during October.
- ➔ Share stories of how your program has collaborated with local farms with the community!

If all else fails, social media is a fantastic tool to showcase how you have incorporated farm to school in your program to a larger audience!

# Farm Fresh Challenge

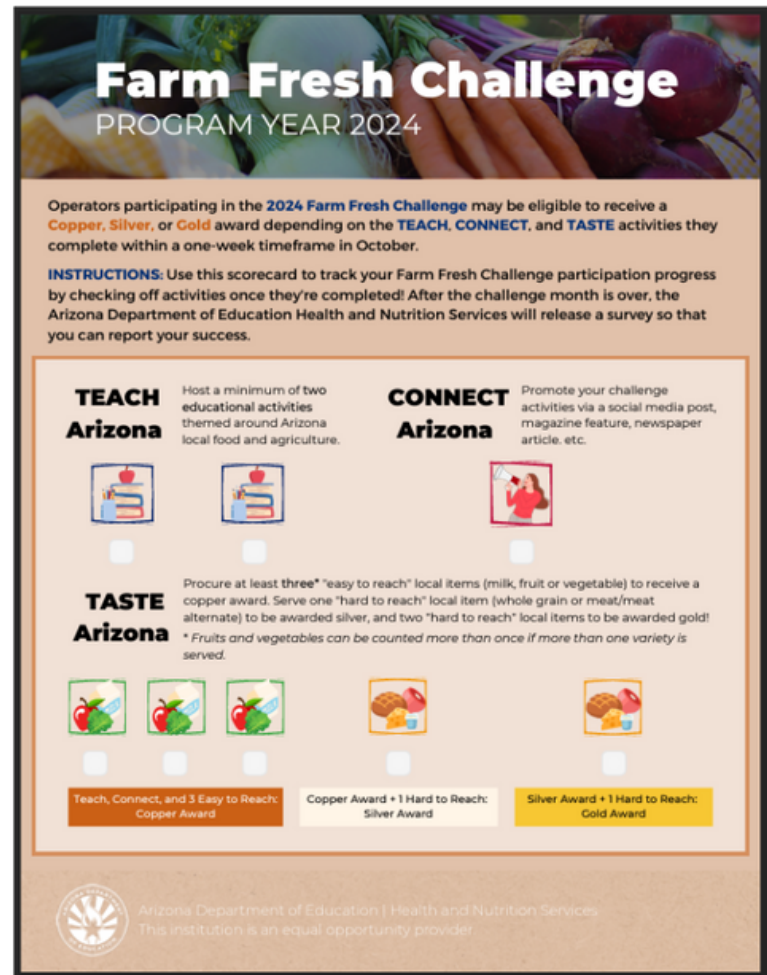
**Taste Arizona!**

# Farm Fresh Challenge

## What is the Farm Fresh Challenge?

The Farm Fresh Challenge is an HNS initiative designed to **empower** CNP operators to generate excitement around fresh, locally sourced foods.

**October 1-31, 2023**



**Farm Fresh Challenge**  
PROGRAM YEAR 2024

Operators participating in the 2024 Farm Fresh Challenge may be eligible to receive a **Copper, Silver, or Gold** award depending on the **TEACH, CONNECT, and TASTE** activities they complete within a one-week timeframe in October.

**INSTRUCTIONS:** Use this scorecard to track your Farm Fresh Challenge participation progress by checking off activities once they're completed! After the challenge month is over, the Arizona Department of Education Health and Nutrition Services will release a survey so that you can report your success.

<b>TEACH Arizona</b>	<b>CONNECT Arizona</b>
Host a minimum of two educational activities themed around Arizona local food and agriculture.	Promote your challenge activities via a social media post, magazine feature, newspaper article, etc.
<input type="checkbox"/>	<input type="checkbox"/>

**TASTE Arizona**

Procure at least three\* "easy to reach" local items (milk, fruit or vegetable) to receive a copper award. Serve one "hard to reach" local item (whole grain or meat/meat alternate) to be awarded silver, and two "hard to reach" local items to be awarded gold!  
\* Fruits and vegetables can be counted more than once if more than one variety is served.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Teach, Connect, and 3 Easy to Reach: Copper Award			Copper Award + 1 Hard to Reach: Silver Award		Silver Award + 1 Hard to Reach: Gold Award

Arizona Department of Education | Health and Nutrition Services  
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# Taste Arizona

## What is the criteria?

Procure at least three\* "easy to reach" local items (milk, fruit or vegetable) to receive a **copper award**. Serve one "hard to reach" local item (whole grain or meat/meat alternate) to be awarded **silver**, and two "hard to reach" local items to be awarded **gold**!

*\* Fruits and vegetables can be counted more than once if more than one variety is served.*



Teach, Connect, and 3 Easy to Reach:  
Copper Award



Copper Award + 1 Hard to Reach:  
Silver Award



Silver Award + 1 Hard to Reach:  
Gold Award

# Taste Arizona

There are many ways to procure **local foods** in Arizona. Below are examples of different agencies that provide great **insight** and **resources** to procure local foods.

- Local Farmers
- Food Service Team Members
- U of A Cooperative Extension
- County Health Services
- Health and Nutrition Services Specialists
- AZ Farm to School Network



# Try it Local!

## Reminder!

The Arizona Department of Education **Health and Nutrition Services** is pleased to announce Arizona's participation in the **Local Food for School** (LFS) Cooperative Agreement Program!

**Try it Local!** LFS is an opportunity for schools participating in NSLP to be **reimbursed** for minimally processed local or regional foods used in the school meals.



# Try it Local!

## Process

- 1** Purchase minimally processed local or regional foods to be used in school meals.
- 2** Submit invoice or receipt! Provide invoice or receipt to HNS in ADEConnect: CNP Supplemental Payments.
- 3** **Receive reimbursement for all qualifying purchased food.**



If you are interested or would like more information about LFS, please submit a **School Interest Form** to HNS!

**Teach Arizona!**

# Teach Arizona

## What is the criteria?

Teach Arizona is the educational component of all Farm Fresh Challenges. Participants must host a minimum of **two** educational activities themed around Arizona local food and agriculture.



# Teach Arizona

## Common Examples:

- Taste tests and surveys
- Field trips to farmer's markets
- Virtual farm tours
- Nutrition classes
- Garden workshops
- Infographics during meal service



Palominas Elementary School District  
Farm Fresh Challenge '22

**Connect Arizona!**

# Connect Arizona

## What is the criteria?

Connect Arizona is the promotional component of all Farm Fresh Challenges. Participants must promote all challenge activities to the community.



# Connect Arizona

## Common Examples:

- Social media posts
  - Facebook, Instagram, Twitter
- Community magazine
- School announcements
- Newspaper articles
- Flyers
- Handouts



Concordia Charter School  
Farm Fresh Challenge '18



Use the following tags when  
using social media this month!

@azf2s, #azf2s, and #azf2sbingo

# Resources

## Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

### BUTTERNUT SQUASH

Butternut Squash is a large, bell-shaped squash with a sweet flesh. It is a low-calorie squash that is high in nutrients, full of Vitamins C and A, potassium, magnesium and fiber. This squash is popular and versatile and can be prepared as a side, or as an ingredient in several dishes.

#### How to Select and Store Butternut Squash:

**Selection**  
MINIMAL HEAVY FOR DULL  
BIRMINGHAM ITS SIDE COOL

Look for squash with minimal blemishes and no obvious cuts or sooty areas. Overall size does not matter, but the squash should feel heavy for its size.

The squash skin should have a dull beige color with matte appearance. Choose a squash with a rich deep brown stem still attached.

**Storage**  
KEEP IN A COOL DRY PLACE

A whole raw squash can be kept on the countertop for up to a week. For longer storage, keep it in a cool, dark place. A commercially stored squash can last for weeks or even months.

Dried raw butternut squash can be refrigerated for 2-3 days. Once cooked, it will keep in the fridge for up to 5 days.

#### Tips for Preparing and Cooking:

**Usage**  
Butternut squash is known for its pleasant, sweet flavor. It is excellent roasted as a side dish, or made into soup. It can sometimes be used as an alternative to pumpkin or sweet potato.

**Try Butternut Squash...**  
**Roasted:** The heat oven to 475°F. Cut the top, bottom, and slice off the sides, leaving a 1-inch rim. Slice into cubes, season with salt, pepper, olive oil and roast for 15 minutes.  
**Baked:** Cut squash in half lengthwise, and place in a microwaveable plate. Cook on high for 15 minutes until fork tender.  
**Microwaved:** Cut squash in half lengthwise, and place in a microwaveable plate. Cook on high for 15 minutes until fork tender.

#### Nutrition Facts

Amount Per Serving	
1 cup (200g) of Butternut Squash	
Total Fat	0g
Total Carbohydrate	29g
Total Protein	2g
Total Fat	0g
Total Carbohydrate	29g
Total Protein	2g

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Whole Food  
Profile

## How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

### BUTTERNUT SQUASH

Butternut squash is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of a pumpkin. Butternut squash is in peak season in Arizona from August through November!

**Examples:**

- Squash Squash Lasagna
- Chef Sama Butternut Squash Soup
- Quinoa & Butternut Squash Salad
- Cinnamon Butternut Squash
- Harvest Delight

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How to Use  
Whole Foods

## Research Rundown

**Article:**  
District Wellness Policy Nutrition Standards Are Associated with Healthier District Food Procurement Practices in the United States

**What did this study examine?**  
Local wellness policies often contain specific nutrition standards that outline what can be sold to students during the school day. Similarly, food procurement practices often exist to ensure that schools purchase foods with specific nutrition standards. This study investigated the extent to which nutrition standards in wellness policies may be associated with healthier nutrition standards in district food purchasing specifications. Six specific nutritional characteristics were analyzed through eight meal costs, reports, and wellness policy studies.

**Key findings:**  
District food purchasing specifications were relatively prevalent, ranging from 40% of districts restricting total or added sugar to 24% of districts restricting fat. The districts were predominantly small and located in rural areas or small townships. Additionally, the majority of district wellness policies required or suggested standards for the nutrition of meals. Overall, the food factors consistently associated with district food purchasing specifications were having a district policy and being in a rural area.

**District Policy Findings**  
District food purchasing specifications regarding saturated fat and total fat were more common in districts with policies as compared to no policy at all.

**Rural Area Findings**  
Districts located in rural areas were more likely to have food purchasing specifications for saturated fat and total fat compared to districts located in large or mid-size cities.

**Put it into practice!**  
1. Look at your policy to confirm that your school has a local wellness policy and that it includes nutrition standards for school lunches, snack meals, food purchased for events or vending machines, etc.  
2. Check your purchasing specifications in the food menu, pattern regulations and Dietary Guidelines for more and saturated fat, sodium, added sugars and sodium.  
3. Rural schools take note! Purchasing methods vary greatly by school size and location. Ensure that you research the best nutrition products that also fit your school's needs and budget.

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Research  
Rundown

## upLIFT Your Celebrations

Learn about making your school and classroom events healthy, nutritious and fun!

**Why upLIFT Your Celebrations?**  
Students often partake in classroom and/or school celebrations. Providing children with nourishing food options and swapping food for fun activities during events can create consistent messages about nutritious eating and a healthy lifestyle.

**Check for consistent messaging**  
Ensure that your school has guidelines and nutrition standards that support a healthy school environment. Having these in place through a Local School Wellness Policy, or other administrative policy, can provide ample opportunities for students to be continuously exposed to healthful conditions.

**Provide healthy, fun food swaps**  
Healthier options for celebrations don't have to be boring. Creativity is key! A good strategy is to pair something less nutritious, with a more nutritious option. You can also modify healthier options to make them fun. Try cutting vegetables into shapes, or making an activity out of them!

**Share healthy and nutritious recipes**  
Share healthy and creative recipes for school celebrations and events with students, teachers, and families. Encourage others to use these recipes whenever a school celebration or event occurs!

**Recipe Ideas:**  
• Cinnamon Apple Squash  
• Cinnamon Apple Squash  
• Fruit Smoothies  
• Fruit Smoothies  
• Fruit Smoothies

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Nutrition  
Knowledge  
Fact Sheet

<https://www.azed.gov/hns/nslp/uplift/>

# District Highlight

## Creighton School District

This month in the upLIFT bulletin, we highlighted a brand new quesadilla recipe from Creighton School District! This recipe features seasoned chicken, green chilis, cheese, and local tortillas and incorporates speed-scratch cooking techniques with minimally processed ingredients.



# Reminder!

## upLIFT Your Voice!

Remember to tell us how YOU upLIFT'ed your voice this month! ADE wants to spotlight your marketing and promotional efforts! Email [Ashley.Kennedy@azed.gov](mailto:Ashley.Kennedy@azed.gov) with any stories, photos, examples or anything you are excited about!



# Looking Ahead

## Join us next month!

**upLIFT Your Meals with Scratch Cooking!**

November 21, 2023

1:30 pm - 2:00 pm

Join us next month where we will discuss and review the many exciting opportunities for you to “*upLIFT Your Meals with Scratch Cooking*” during Native American History Month! Learn how to promote, scratch cooking and include cultural meals on your menus. This webinar is not to be missed!



# Thank you!

**Any questions?**  
**Please type them into the Q&A now.**

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



# Congratulations!

You have completed the recorded webinar: [upLIFT Your Stage!](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: upLIFT Your Stage!](#)
- Length: [0.5 hour](#)

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

# Congratulations!

## Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

\*This will not appear in your ADE Professional Learning Development (APLD) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: **Recorded Webinar: upLIFT Your Stage!**

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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